

# January 2019

Anne Gordon Center for Active Adults 919-996-4720  
1901 Spring Forest Rd Raleigh NC 27615



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Closed New Years Holiday	2  10a-11:30a Computer Purchasing tips \$ 2:00p-4:30p Wed Movie * <b>Unbroken— Path...PG13</b> 2:00p-3:30p iPhone 1 \$	3  10:00a-12:00p Miniatures Guild \$	4
7  9:30a-4:00p SHIIP Counseling <i>by appointment only</i> * 10-11:30a Google Overview\$ 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin *	8  9:15a-12:15p Drawing From History \$	9  10a-12:00p iPhone 1 \$  2:00p-4:30p Wed Movie * <b>Colette— R</b>	10  1p-2p Planning for Medicaid *	11  1:00p-4:00p SHIIP Counseling <i>by appointment only</i> *
14  9:30a-4:00p SHIIP Counseling <i>by appointment only</i> * 10-11:30a Google Overview\$ 1:00-3:30 Read and Watch * 1:00-4:00 Quilting Inter \$	15  9:15a-12:15p Drawing From History \$	16  2:00p-4:30p Wed Movie * <b>Crazy Rich Asians—PG-13</b>  2:00p-3:30p iPhone 2 \$	17  10:00a-12:00p Miniatures Guild \$ 1:00-1:45 Resources for Seniors— What We Do *	18
21  Closed MLK Holiday	22  9:15a-12:15p Drawing From History \$	23  2:00p-4:30p Wed Movie * <b>Operation Finale PG-13</b>  10-11:30a Cutting the Cord \$ 2:00p-3:30p iPhone 2 \$	24	25
28  9:30a-4:00p SHIIP Counselling <i>by appointment only</i> * 10-12:00p iCloud \$ 1:00-4:00 Quilting Inter \$ 2-3:30p Gov Benefits Long Term Care *	29  9:15a-12:15p Drawing From History \$	30  2:00p-4:30p Wed Movie * <b>Dog Day PG</b>  10-11:30a Cutting the Cord \$ 2-3:30p Google Photos \$	31  1:-2p Falls Prevention * 2:15-3:15p Project Preplan *  4p-6p Iceland Trip Meeting *	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Cards \$	9:15-10:00 AIM Fitness \$	9:00-12:00 Men's Friday Morning *
10:30-11:30 Gentle Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:15-10:00 Zumba Gold \$
11:45-12:45 Dance Xross Fitness \$	10:15-11:00 AIM Fitness Intermediate \$	2:00-4:30 Wednesday Matinee*	10:15-11:00 AIM Fitness Intermediate \$	9:30-12:00 Bingo \$
1:00 -1:45 T'ai Chi Chair Beginners \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	10:30-11:15 Qi Gong \$
2:00-2:45 Tai Chi Intermediate \$	11:15-12:00 Chair Yoga (free in Jan)		11:30-12:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
3:00-3:45 Tai Chi Adv. \$	11:30-12:30 Shibashi \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	12:30-4:00 Open Play Cards and Mah Jongg *
4:00-5:30 Line Dance Open Studio * (not Dec 31)	12:15p-1:15p Gentle Yoga \$		1:00-1:45 Zumba Gold \$	1:00-2:00 Line Dance Beginner/Improver *
	12:30-3:00 Open Play Cards and Mah Jongg*		1:30-2:15 Tai Chi Beginners \$	2:15 - 3:15 Line Dance Introduction *
	1:00-1:45 Zumba Gold Chair \$		2:00-4:00 Knitting and Cro- cheting \$ (not Jan 3)	3:30-4:30 Restorative Yoga (free in Jan)
	2:00-2:45 Ageless Grace \$		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	
	2:00-4:00 Knitting and Cro- cheting \$		3:30-4:15 Mindful Meditation (Free in Jan, not Jan 31)	
	4:00-5:30 Line Dance Open Studio *			

The center is open Monday-Friday 9:00am-6:00pm

**Programs on this side meet every week.**

Programs on the other side are just on those specific dates.

**\* = Free Program**

**\$ = Registration Fee**

**Don't Wait - Register Early!** Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.